



100 Pushups Challenge

Registration Form

100 pushups may seem like a lot - it can sound a bit daunting. If you're serious about increasing your strength, follow this 6 to 8 week training program and you'll soon be on your way to completing 100 consecutive pushups!

Think there's no way **you** could do this? I think you can! All you need is a good plan, plenty of discipline and about 30 minutes a week to achieve this goal!

Before you begin the 100 Pushup Challenge, you should obtain medical advice and clearance from your doctor.

By completing the 100 Pushup Challenge you will:

- Be recognized on the "I Completed the 100 Pushup Challenge" board.
- Get entered into a drawing for a **\$100 Corporate Rewards gift card**.
- Gain strength and confidence.
- Earn 20 Healthy Lifestyle Activity Points



Get entered into a seasonal drawing for 1 of 5 \$100 Corporate Reward gift cards. Once drawing entry per participant per season.

EIN:

Start Date:

Name:

Work Email:

YOU COULD WIN 1 OF 5 \$100 CORPORATE REWARD GIFT CARDS

You can start and complete the challenge at any time during the season. You will be entered into a seasonal drawing for 1 of 5 \$100 Corporate Rewards gift cards for the season in which you completed the challenge.

Spring Challenge: March – May

Summer Challenge: June – August

Fall Challenge: September – November

Winter Challenge: December - February



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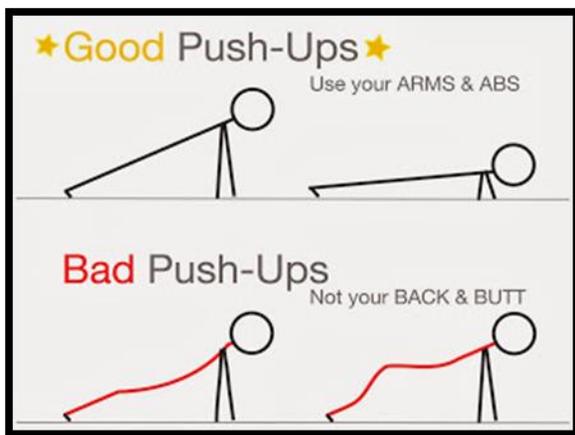
Instructions for Standard Pushups

Lie face down on the ground with hands placed as wide as or slightly wider than shoulder width. Keeping the body straight, lower body to the ground by bending arms at the elbows. Raise body up off the ground by extending the arms. Repeat.

Your head should be held in a neutral position— that is, not looking forward, up or down at your navel. Your body weight should be lifted by the arms; don't be tempted to use your butt, stomach or the lower half of your body to pull yourself up. To maintain correct body alignment, imagine a straight line running from your head down to your ankles. Your butt shouldn't be sticking up in the air or hips sagging. Try squeezing your glutes (butt muscles) to help engage your core, which will help you straighten out. Good form should put your chest within an inch or two of the floor. There is no specific need to touch the floor with your chest, but aim to form a 45° angle during the movement.

If your wrists hurt, try closing your hands and making a fist to perform the pushups. This way your body weight ends up on your knuckles instead of your palms, thus avoiding the wrist extension motion. Please be sure to do this type of pushup on a padded mat, plush carpet or, even better, a folded towel.

Pushups should be performed in a slow, deliberate manner. Rather than bouncing up and down, it's important to maintain full control as you lower and raise your body. As a rough guide, each phase—both up and down—of a single pushup should take a couple of seconds.



Get the most out of your pushups by keeping good form.

Pausing for a short period of time to regain your composure is allowed, but make sure you rest in the "up" position. Do not lock your elbows, raise your butt or allow your elbows to rest on the ground for assistance.

It's important to breathe in during the descent and breathe out on the ascent. Make sure you don't hold your breath and make every effort to breathe rhythmically throughout the exercise.



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Instructions for "Modified" Pushups

So you've tried the "Standard" pushups, but can only manage one or two before exhaustion sets in. Don't be despondent; several alternative options exist which will still enable you to follow the hundred pushups plan.

- **"Knee" pushups** - to reduce the lifting load by about 50% you can do the same exercise, but do it on your knees. Keeping a straight line from neck to torso is still important, so please pay attention to correct body alignment as you perform your workout.
- **"Wall" pushups** - if all the above options are still too challenging, one final variation exists. The "wall" pushup dramatically reduces the pressure on the arms, upper back and abs. The closer you stand to the wall, the easier they are to perform, but remember, it's still important to be aware of your body alignment as you perform the "wall" pushup. As you gain strength and confidence, move your feet slightly further away from the wall to make the workout more challenging. Feel free to consider moving to the "bench" or "knee" style pushups once your initial strength has increased.

Remember, the main aim of the hundred pushups program is to improve your strength, fitness and general health. It really doesn't matter what style of pushup you perform as long as you continue to make progress and keep challenging yourself. Give the program a chance and you'll be amazed at your new found strength.



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Frequently Asked Questions

1. Can I do pushups every day instead of following the three-day-a-week plan?

No. It is very important to allow your body time to recover from the intense daily workouts. Muscle tissue is broken down during exercise but will rebuild itself during periods of rest and recovery. Working the muscles on consecutive days will hamper the rebuilding process and limit your progress. The body needs 24- 48 hours to recover and adapt to the stress of strength training.

2. I've reached a plateau and can't do any more pushups? What happened?

After making impressive strength gains early on in the program, occasionally your body will take a while to "catch up." Stick with the plan, trust in the numbers and you'll soon be on your way to doing 100 pushups. Also, ensure you breathe correctly during the workout. Holding your breath inhibits your ability to perform "good-form" pushups and should be avoided.

3. My wrists hurt doing the pushups. What should I do?

Try closing your hands and making a fist to perform the pushups. This way your body weight ends up on your knuckles instead of your palms, thus avoiding the wrist extension motion. Please be sure to do this type of pushup on a padded mat, plush carpet or, even better, a folded towel.

4. Should my chest touch the floor on the down phase of the pushup?

Good form should put your chest within an inch or two of the floor. There is no specific need to touch the floor with your chest, but aim to form a 90-degree angle at your elbow joint.

5. How fast should I do the pushups?

Pushups should be performed in a slow, deliberate manner. Rather than bouncing up and down, it's important to maintain full control as you lower and raise your body. As a rough guide, each phase—both up and down—of a single pushup should take a couple of seconds.

6. What is the correct method for breathing during pushups?

It's important to breathe in during the descent and breathe out on the ascent. Make sure you don't hold your breath and make every effort to breathe rhythmically throughout the exercise.



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7. What is the correct head position?

Your head should be held in a neutral position— that is, not looking forward, up or down at your navel. Traditional army pushups have you looking forward, but in my opinion this puts too much strain on your neck muscles.

8. Can I pause between pushups if I begin to tire?

Pausing for a short period of time to regain your composure is allowed, but make sure you rest in the "up" position. Do not lock your elbows, raise your butt or allow your elbows to rest on the ground for assistance.

9. Will I lose weight if I follow the hundred pushups plan?

Pushups alone will burn some calories and do help increase muscle mass to some degree, which in turn takes more calories to maintain. However, pushups by themselves are not the best way to lose weight - you really need to add an effective cardio training program to any type of strength-training plan if your main goal is weight loss.



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Initial Test

The initial test will highlight your current fitness level and determine where to start and how to plan your pushups training program. You have the option to pick the type of pushups you will focus on throughout your training. This means, you can pick wall, modified, standard, or any advanced pushup option you want to work on regardless of the rating chart. You can always repeat the program moving to more advanced pushups to continuously challenge and improve your strength.

RATINGS FOR MEN (STANDARD PUSHUP), BASED ON AGE					
AGE	20 – 29	30 – 39	40 -49	50 – 59	60 +
RANK *	number of pushups performed				
1	< 20	< 15	< 12	< 8	< 5
2	20 – 34	15 – 23	12 – 19	8 – 14	5 – 9
3	35 – 44	24 – 34	20 – 29	15 – 24	10 – 19
4	45 – 54	35 – 44	30 – 39	25 – 34	20 – 29
5	> 54	> 44	> 39	> 34	> 29

Guidelines published by the American College of Sports Medicine (ACSM)

RATINGS FOR WOMEN (MODIFIED PUSHUP), BASED ON AGE					
AGE	20 – 29	30 – 39	40 -49	50 – 59	60 +
RANK *	number of pushups performed				
1	< 6	< 4	< 3	< 2	< 1
2	6 – 16	4 – 11	3 – 7	2 – 5	1 – 2
3	17 – 33	12 – 24	8 – 19	6 – 14	3 – 4
4	34 – 48	25 – 39	20 – 34	15 – 29	5 – 19
5	> 48	> 39	> 34	> 29	> 19

Guidelines published by the American College of Sports Medicine (ACSM)

To perform the test, warm up for a few minutes and then simply execute as many good-form pushups as you can. Don't cut corners and please don't cheat - the last thing you want to do is end up in the wrong level of the training program! The results may be humbling, but honesty is the best policy if you want to maximize your strength gains!

If you do the test correctly, **you will be absolutely exhausted.** During the test you count only the pushups during which you managed to straighten your arms completely. You also don't count the



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last pushup which you didn't do completely. Be careful – overworking your body can lead to injury and will interrupt your training.

Before starting Week 1, take a couple of days to familiarize yourself with the program and recover from the exertion of the initial test. Give yourself a few minutes to warm up before beginning the daily challenge. You'll be required to work out three times per week, for example - Monday, Wednesday and Friday.

Don't forget how many pushups you performed in the test, so you can move on to Week 1 of the challenge.



100 Pushups Challenge

Week 1

So, you've completed your initial test and you're keen to start the program? Great!

- If you managed 5 or less pushups in the test, follow column 1.
- If you completed between 6 and 10 pushups, follow column 2.
- Between 11 and 20 consecutive pushups? Follow column 3.
- More than 20 pushups? I would suggest starting the program on **Week 3**. Choose either Column 2 or 3 based on the number of pushups you managed in your initial test.
- Pick the appropriate column depending on your initial test results.

DAY 1			
REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	0 – 5 pushups	6 - 10 pushups	11 - 20 pushups
SET 1	2	6	10
SET 2	3	6	12
SET 3	2	4	7
SET 4	2	4	7
SET 5	max (at least 3)	max (at least 5)	max (at least 9)
TOTAL			

DAY 2			
REST 90 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	0 – 5 pushups	6 - 10 pushups	11 - 20 pushups
SET 1	3	6	10
SET 2	4	8	12
SET 3	2	6	8
SET 4	3	6	8
SET 5	max (at least 4)	max (at least 7)	max (at least 12)
TOTAL			

DAY 3			
REST 120 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	0 – 5 pushups	6 - 10 pushups	11 - 20 pushups
SET 1	4	8	11
SET 2	5	10	15
SET 3	4	7	9
SET 4	4	7	9
SET 5	max (at least 5)	max (at least 10)	max (at least 13)
TOTAL			



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Importance of Rest Days

It's very important you include plenty of rest in between your training days. When you work a muscle, you do a little damage to it. It takes time for your body to repair it, while also making it slightly stronger. In other words, resting is when your muscles actually grow. Not allowing enough rest days, or weight training on consecutive days can result in overtraining and injuries. Make sure you allow one to two days of rest between your next weight training workout, eat nutrition food, hydrate and include eight to nine hours to sleep each night for maximum recovery and to build muscle.



Rest for 24-48 hours after any strength training



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Week 2

It's time to start Week 2. Continue by following the same column of exercises as you did in Week 1. Don't cut any corners, but feel free to rest more between each level if you need to. It's also important to be well hydrated and do a proper warm up before you start each workout.

DAY 1			
REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	0 - 5	6 - 10 pushups	11 - 20 pushups
SET 1	4	9	14
SET 2	6	11	14
SET 3	4	8	10
SET 4	4	8	10
SET 5	max (at least 6)	max (at least 11)	max (at least 15)
TOTAL			

DAY 2			
REST 90 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	up to 5 pushups	6 - 10 pushups	11 - 20 pushups
SET 1	5	10	14
SET 2	6	12	16
SET 3	4	9	12
SET 4	4	9	12
SET 5	max (at least 7)	max (at least 13)	max (at least 17)
TOTAL			

DAY 3			
REST 120 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	up to 5 pushups	6 - 10 pushups	11 - 20 pushups
SET 1	5	12	16
SET 2	7	13	17
SET 3	5	10	14
SET 4	5	10	14
SET 5	max (at least 8)	max (at least 15)	max (at least 20)
TOTAL			

Don't forget, after you've completed Week 2, it's time to take an exhaustion test. Perform as many pushups as you can manage before you physically can't do one more with good form. Make a note of how many pushups you complete and give yourself at least two days to recover before beginning Week 3.



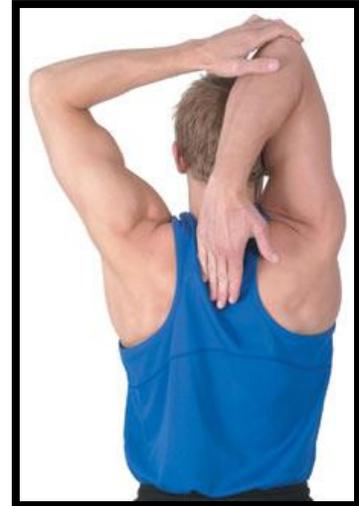
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Proper Full-Body Warm-Up

Get your heart pumping and arm muscles warmed up by doing a simple warm up before you begin your pushup challenge for the day. This can include jumping jacks, running or walking in place, and arm circles to name a few.

After warming up, stretch the triceps and chest and shoulders

- **Triceps / Shoulders Stretch:** Place both arms over and behind your head. Grab your right elbow with your left hand and pull your elbow toward your opposite shoulder. Lean into the pull to also stretch your back/oblique muscles. Switch arms and repeat.
- **Chest / Shoulders Stretch:** Grab onto a bar or wall with one hand, turn and twist so you feel a stretch of the chest and shoulder connection. Pull your shoulders back and stick your chest out. Hold for 15 seconds. Switch arms and repeat.



Proper stretching avoids injury

At the end of Week 2 it will be time to check your strength and perform an exhaustion test. In simple terms, perform as many pushups as you can comfortably manage before you physically can't do another rep. The number of pushups you complete to exhaustion will determine which level of the program you'll start in Week 3.



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Week 3

You should be a little stronger than you were a couple of weeks ago and able to complete considerably more pushups than your initial test. Pick the appropriate column depending on your latest test results.

If you're struggling with the program, don't get discouraged. Some people will still be doing less than 16 consecutive pushups, but this is ok. Just repeat the week you struggled with until you're strong enough to move on to the next level - it will be worth your while!

DAY 1			
REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	16 -20 pushups	21 - 25 pushups	> 25 pushups
SET 1	10	12	14
SET 2	12	17	18
SET 3	7	13	14
SET 4	7	13	14
SET 5	max (at least 9)	max (at least 17)	max (at least 20)
TOTAL			

DAY 2			
REST 90 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	16 -20 pushups	21 - 25 pushups	> 25 pushups
SET 1	10	14	20
SET 2	12	19	25
SET 3	8	14	15
SET 4	8	14	15
SET 5	max (at least 12)	max (at least 19)	max (at least 25)
TOTAL			

DAY 3			
REST 120 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	16 -20 pushups	21 - 25 pushups	> 25 pushups
SET 1	11	16	22
SET 2	13	21	30
SET 3	9	15	20
SET 4	9	15	20
SET 5	max (at least 13)	max (at least 21)	max (at least 28)
TOTAL			



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Alternating Hand Positions

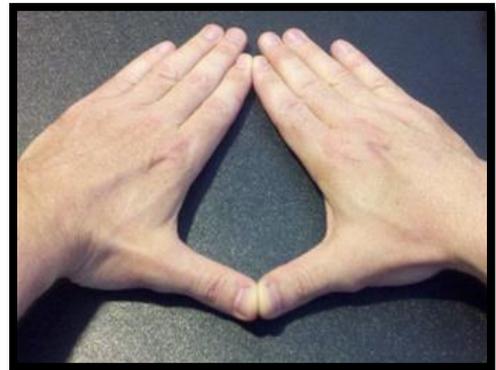
One of the many benefits of pushups is that you can change the feel and emphasis of the exercise simply by adjusting the position of your hands. Although wide-hand and close-hand pushups are very similar to the standard shoulder width pushup, they target different muscles.

To do a wide-hand position pushup, place your hands wider than your shoulder. This position targets your chest, triceps and front shoulder muscles.

Tip for wide pushups: pointing your fingers forward can put strain on your wrists. To alleviate that, point your fingers outward.

Move your hands below your chest and tuck your arms close to your sides to complete a close-hand position pushup. This position transfers most of the load to your triceps. For an extra challenge, position your hands under your chest so that your thumbs are touching and your forefingers are touching. They should be making a diamond shape.

Alternate between a standard-, wide- and close-grip pushup to strengthen all the muscles in your arms and chest.



Diamond pushup hand position



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Week 4

Keep up the great work - you're halfway through the program and well on your way to performing 100 consecutive pushups! Continue to follow the same column as the previous week.

DAY 1			
REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	16 -20 pushups	21 - 25 pushups	> 25 pushups
SET 1	12	18	21
SET 2	14	22	25
SET 3	11	16	21
SET 4	10	16	21
SET 5	max (at least 16)	max (at least 25)	max (at least 32)

DAY 2			
REST 90 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	16 -20 pushups	21 - 25 pushups	> 25 pushups
SET 1	14	20	25
SET 2	16	25	29
SET 3	12	20	25
SET 4	12	20	25
SET 5	max (at least 18)	max (at least 28)	max (at least 36)
TOTAL			

DAY 3			
REST 120 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	16 -20 pushups	21 - 25 pushups	> 25 pushups
SET 1	16	23	29
SET 2	18	28	33
SET 3	13	23	29
SET 4	13	23	29
SET 5	max (at least 20)	max (at least 33)	max (at least 40)
TOTAL			

Don't forget, after you've completed Week 4, it's time to take an exhaustion test. Perform as many pushups as you can manage before you physically can't do one more with good form. Make a note of how many pushups you complete and give yourself at least two days to recover before beginning Week 5.



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Staggering Sets

If you want more of a challenge, try doing staggered sets; resting one muscle group while completing a set of an exercise for another muscle group. For example, after you complete your first set of pushups, you would do a set of lunges or abdominal exercises before returning to your second set of pushups. Alternating between these sets will definitely get your heart racing and your muscles will be pushed to the max.



Try focusing on a different muscle group in between your pushup sets



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Week 5

Depending on the results of your latest test, continue with an appropriate week and column, even if it means you have to complete Week 3 or Week 4 again. Pick the appropriate column depending on your last exhaustion test.

DAY 1			
REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	31 - 35 pushups	36 - 40 pushups	> 40 pushups
SET 1	17	28	36
SET 2	19	35	40
SET 3	15	25	30
SET 4	15	22	24
SET 5	max (at least 20)	max (at least 35)	max (at least 40)
TOTAL			

DAY 2			
REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	31 - 35 pushups	36 - 40 pushups	> 40 pushups
SET 1	10	18	19
SET 2	10	18	19
SET 3	13	20	22
SET 4	13	20	22
SET 5	10	14	18
SET 6	10	14	18
SET 7	9	16	22
SET 8	max (at least 25)	max (at least 40)	max (at least 45)
TOTAL			

DAY 3			
REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	31 - 35 pushups	36 - 40 pushups	> 40 pushups
SET 1	13	18	20
SET 2	13	18	20
SET 3	15	20	24
SET 4	15	20	24
SET 5	12	17	20
SET 6	12	17	20
SET 7	10	20	22
SET 8	max (at least 30)	max (at least 45)	max (at least 50)
TOTAL			

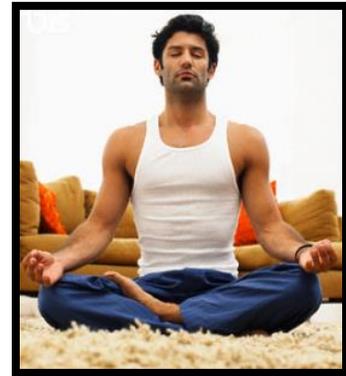


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You are almost there! It's time to complete one last exhaustion test before you complete the final test of strength. If you can perform more than 45 consecutive pushups, feel free to move along to Week 6. If not, just repeat the week and you should be ready.

Visualize Success

Can you see the finish line? Visualization can play an important part in maintaining a healthy lifestyle. Just by "day dreaming", you can significantly improve your chances in achieving your goals. Mental imagery impacts many cognitive processes in the brain: motor control, attention, perception, planning, and memory. So the brain is getting trained for actual performance during visualization. It's been found that mental practices can enhance motivation, increase confidence and self-efficacy, improve motor performance, prime your brain for success, and increase states of flow – all relevant to achieving your best life!



Visualize your success

Visualization is a great tool and it's as simple as visualizing your body as you want your body to look like. This means that if you program your subconscious with a mental image of yourself as a more muscular person, through persistence your mind will accept this and aid your body to conform to this mental image.

Practice Visualization

Begin by establishing a highly specific goal. Imagine the future; you have already achieved your goal. Hold a mental 'picture' of it as if it were occurring to you right at that moment. Imagine the scene in as much detail as possible. Engage as many of the five senses as you can in your visualization. Who are you with? Which emotions are you feeling right now? What are you wearing? Is there a smell in the air? What do you hear? What is your environment? Sit with a straight spine when you do this. Practice at night or in the morning (just before/after sleep). Eliminate any doubts, if they come to you. Repeat this practice often. Combine with meditation or an affirmation such as "I am strong" and you will be.



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Week 6

Depending on the results of your latest test, continue with an appropriate week and column, even if it means you have to complete Week 5 again. Pick the appropriate column depending on your latest test results.

DAY 1			
REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	46 - 50 pushups	51 - 60 pushups	> 60 pushups
SET 1	25	40	45
SET 2	30	50	55
SET 3	20	25	35
SET 4	15	25	30
SET 5	max (at least 40)	max (at least 50)	max (at least 55)
TOTAL			

DAY 2			
REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	46 - 50 pushups	51 - 60 pushups	> 60 pushups
SET 1	14	20	22
SET 2	14	20	22
SET 3	15	23	30
SET 4	15	23	30
SET 5	14	20	24
SET 6	14	20	24
SET 7	10	18	18
SET 8	10	18	18
SET 9	max (at least 44)	max (at least 53)	max (at least 58)
TOTAL			

DAY 3			
REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	46 - 50 pushups	51 - 60 pushups	> 60 pushups
SET 1	13	22	26
SET 2	13	22	26
SET 3	17	30	33
SET 4	17	30	33
SET 5	16	25	26
SET 6	16	25	26
SET 7	14	18	22
SET 8	14	18	22
SET 9	max (at least 50)	max (at least 55)	max (at least 60)
TOTAL			



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Did you make it through Week 6? If you did; **congratulations** - you should be very proud of your achievements and ready for one final test. If you struggled with Week 6, just repeat the appropriate week and try again. Maybe an extra couple of days rest will benefit you?

Flex Those Muscles

Flexing is one of the top secrets of advanced and professional bodybuilders. While some may write off flexing as an exercise in vanity, in truth, isometric flexing can make a major difference in your rate of muscle growth, if you use it correctly.

When you do it with proper technique and in the right combination with progressive-resistance training, you can actually enhance muscular endurance and definition. By flexing regularly and acknowledging your hard-earned gains, you'll build confidence in your muscle-making abilities, which will lead to greater growth. So, get in front of that mirror and flex away!



Flexing improves confidence and muscle definition



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Final Test

If you're reading this page you should be very proud of your achievements and ready for one final test. As you're well aware, the program you've been following is called 100 Pushups Challenge and that's what this final test is all about.

To perform the test, simply execute as many good-form pushups as you can. If you've completed the program with no cheating and no short cuts, experience has shown that you should be strong enough to perform one hundred consecutive pushups!



Perform as many good-form pushups as you can.

After completing Week 6 of the program, treat yourself to a day or two of rest. Eat well and maintain good hydration. Try not to perform any exercises or tasks around the home that will drain you of energy - you'll need every ounce of strength to meet your goal. Ready?

Take your time, don't rush and focus on performing ten pushups at a time. Breaking the magic hundred into smaller chunks will make the goal more achievable and give you more chance of success. Maintain good form and don't hold your breath. It sounds simple, but just take it one pushup at a time until you reach one hundred! If you start to feel shaky, take a few deep breaths and regain your composure before starting again. Good luck - I know you can do it!!

How did you do? If you did it, then you are now among an elite few and proud Pima County employees who can do 100 consecutive pushups. You may have noticed some pretty significant changes to your body – your chest will be more defined, shoulders broader and arms toned and hard. Your abdominal muscles should be firmer, posture more upright and your energy level higher.

Just in case you didn't manage all 100 pushups, I would suggest going back a couple of weeks in the program and building up your strength again. Maybe Week 5 or Week 6 would be good for you and help regain your confidence? Don't give up though; you're closer than you think!



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What's Next?

You have worked really hard to get this far, so try to retain this level. The amazing thing is, you are just getting started. Think what you will be able to accomplish with regular, long-term exercise if you can achieve so much in as little as six weeks of doing pushups.

Some people will be happy to have conquered the challenge and be content to find some other program to follow. This is completely fine, as variety of exercise will keep individuals motivated for longer periods. You can go back and repeat the challenge at a higher intensity. For example, if you completed the challenge using the modified position, you can repeat the challenge without using your knees to support you.



Continue to challenge yourself to build strength.

Why not look around for a basic weight training plan, or new aerobic activity to try out? Train for your first 5k, take up yoga or join a local swimming club. The possibilities are endless, but hopefully you now have the confidence and base fitness to tackle almost anything.

Others, not content with doing one hundred pushups, will strive to reach 150, 200 or even more. To achieve this, keep on doing pushups exercises every other day. Based on experiences you have gained in the past weeks, you can build your own training. If you would still like some guidance, follow this plan:

	DAY 1	DAY 2	DAY 3
SET 1	80	60	50
SET 2	80	80	Max (at least 80)
SET 3		70	
TOTAL			